

Worksheet 8:

The Person-centred approach

(Kitwood T. (1997) *Dementia Reconsidered: The person comes first*. Open University Press:).

$$D = P + B + H + NI + SP$$

Invite learners to work in pairs to answer the following questions.

Personality

You are invited to a fancy-dress party which requires that your costume says something about your personality. Would you go? If so, what costume would you wear and why?

Biography

Can you discover a connection that you share with others in your group, and something that's completely different about you compared to the other people in your group?

Health

Have you ever had anxiety or depression? How did other people respond? How do you usually behave if you have a headache? Would you take medication?

Neurological impairment

Do you or anyone you know have dyslexia, dyscalculia or any other neurological condition? How have other people made you or the person you know feel? What did you do to overcome this?

Social psychology

Read this list of headlines which have appeared in the UK press. What impact do you think headlines like this have on people with dementia and their carers?

“Exposure to traffic noise increases risk of dementia, study suggests”

The Independent. September 2021

“Millions with eye conditions at higher risk of dementia, shows research”

The Guardian. September 2021

“Music café brings joy to people with dementia”

BBC News. September 2021

“Around 78 million people may have dementia by 2030 – a 45% increase – WHO predicts”

Daily Mail. September 2021

“WARNING SIGNS! New aggressive form of Alzheimer’s disease discovered by scientists – and it hits in your early 40s”

The Sun. September 2021

“Alzheimer’s vaccine shows promise in Phase II trial”

European Pharmaceutical Review. June 2021

Please give an example of how you might apply the person-centred approach while supporting a person with dementia.